



**Town of Arlington, Massachusetts**  
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## Minutes 5\_17\_12

**AYHSC Minutes – May 17, 2012**

**5:30-7:00pm**

2<sup>nd</sup> Floor Conference Room ~ *Community Safety Building*

**I. Welcome and Introductions: (17)** Cindy Starks, Judith Carroll, Ned Walsh, Kathy Hirsch, Cindy Sheridan, Lynn Horgan, Captain Rich Flynn, Laura Juitt, Cindy Bouvier, Jack Flood, Ethel Doyle, Colleen Leger, Maryellen Wyman, Joe Curro, Mary DeCoursey, Kelsey Craig, John Scheft

### **II. Upcoming Trainings and Events**

**Medical Marijuana Ballot Initiative:** John Sheft provided an overview of the MA Medical Marijuana Initiative, and clarified some of the misleading details outlined in the ballot title, statement and ballot summary. He informed the group that he would be assisting the statewide advocacy group Massachusetts Prevention Alliance to challenge aspects of this ballot initiative. The medical marijuana initiative proposes the creation of up to 35 medical marijuana dispensaries throughout the state, with a minimum of one per county, with no one county having more than 5 dispensaries. Coalition members were presented with a variety of concerns regarding eligibility and age requirements (no minimum age) and the limited restrictions on cultivation, distribution, sale and possession.

Restorative Justice Workshop: Saturday, June 2<sup>nd</sup> (9AM-4PM); Concord, MA.

Health, Recreation and Cops (H.R.C) Summer Experience: Tuesday, 6/28 (9AM-3PM), Dallin School. The Coalition will be joining forces with the Arlington Police Department and Arlington Recreation to offer the 4<sup>th</sup> annual HRC Summer Experience- a popular three-day camp for 1st-6<sup>th</sup> graders. Each year, different health topics have been addressed including, sun safety, tobacco, mindfulness, yoga, nutrition, first aid, social accountability and bullying prevention. Colleen asked Coalition members for suggestions on topic ideas for this year and/or contacts that may be interested in participating in any one of the 3 (35-40 min) sessions.

Several Coalition members offered contact information and made suggestions for health topics. These included the BOK program, Fitgirls, re-introducing sun safety (including sun-activated bead bracelets), Lyme disease prevention, cell phone/social media safety (Marc Citizenship Program) and expressive therapy opportunities (suggested contacts- The Children's Room & Leslie University).

Community Event Honoring Shaira Ali: Thursday, June 28, 2012 (6:30-8:30PM); Robbins Library  
Karen informed the group about a Library-sponsored event that occurs every summer in August called "Battle of the Bands". This year, the Library is considering expanding the scope of the event to allow youth to come together and celebrate art, music and books in honor of Shaira Ali. The Library would like to collaborate with youth serving agencies in town like the Coalition, the Children's Room, Arlington Youth Counseling Center (AYCC), Arlington Education Foundation (AEF) and other agencies in town to offer access to resources. Coalition members discussed the possibilities, considerations and concerns of this event. Coalition members acknowledged the importance of offering supportive and fun teen programming, while not memorializing any one particular youth who has died by tragedy. Karen thanked members for feedback, confirming plans to continue this conversation with Library staff and other youth serving agencies.

Community Anti-Drug Coalitions of America (CADCA) Training Opportunities

\* Mid-Year Training Institute- (2-3 people); Nashville, TN, 7/22-7/26/12 – the Coalition can afford to send up to three AYHSC members to attend this training. However, a less expensive alternative would involve

scheduling an onsite training using some of the same CADCA trainers who participate in the Mid-Year Training. Since the Coalition is reapplying for competitive federal funding next year, this training could be specialized to meet the needs of our Coalition/community and help us prepare for our grant application.

Topics might include: organizational/operating procedures, environmental prevention strategies, capacity building, and how to better engage the community. Members demonstrated an interest in an onsite training and suggested a range of dates to consider over the summer. Colleen offered to send out a Doodle to assess members' availability.

### **III. Coalition Updates**

#### Summary of Recent Events

*Navigating the Teen Years: Strategies for talking about youth drinking and drug use*- Lynn provided an overview of this Parent Forum, which was offered on two separate evenings in April at the Ottoson Middle School. Lynn thanked Coalition members who provided input on program development and helped facilitate parent discussions at the forums. Over fifty parents attended the casual gathering. Parents provided written feedback after the forum with many expressing gratitude for the opportunity to share ideas related to managing the challenges of early adolescence, including experimentation with alcohol and marijuana. Lynn acknowledged the assistance of community organizations like the Robbins Library, the Arlington Boys and Girls Club, the Arlington Center for the Arts, Mr. Auburn Hospital, Arlington Youth Counseling Center, The Board of Youth Services and many more who offered their resources and supported this parent forum. Discussions are underway for another Table Talk Parent Forum at the Boys and Girls Club, if the calendar permits.

*Drug Take Backs*: Colleen reported on the success of both the DEA and the Community Collection Drug Take Back events this past month. The Community Take Back collected 1,442 narcotic pills/tablets and 9 ounces of liquid narcotic medicines (stimulants, painkillers, sedatives). The DEA event in April collected 1,203 pills/tablets/suppositories and 19 ounces of liquid medicines, also controlled substances. In addition, hundreds of pounds of non-controlled medications were collected at the events. The Coalition and the Arlington Police Department will have the drug kiosk up and running at the Community Safety Building within the next few weeks. Later in the summer, the Coalition will collaborate with DPW and APD to offer needle disposal as well. More information to come.

#### Up for Discussion

With summer around the corner, Coalition members discussed the issue of park hours and signage.

Members concluded that adults and youth in town might benefit from increased awareness of certain Town bylaws, including park hours. Ned mentioned plans to enhance signage around the high school. Colleen offered Coalition support to increase and/or amend signage to promote community education and understanding. Potential outreach methods might include: school notices, public and school email lists, Arlington Advocate and The Patch.

### **IV. Social Norms Designs**

Mary DeCoursey, representing Mount Auburn Hospital and Kelsey Craig, representing the Arlington Enrichment Collaborative showcased the Ottoson Middle School's "Tobacco Free Peer Leadership Project", and introduced 3 of the 7<sup>th</sup> grade students who participated in the project. Mary and Kelsey provided a history of this program, which started in the fall of 2011. During the fall, tobacco free peer leaders created a social norms campaign to convey the message that "93% of the OMS had never smoked a cigarette". This spring, peer leaders were challenged to create messages that would inform their peers and the Arlington community about their personal decisions to be tobacco free. Using a social activism tool called Photovoice, students took pictures (cameras were provided) to convey their feelings about being tobacco free, and were then asked to describe the photos in words. These images and accompanying descriptions were then developed into posters. The three students presented their posters, and Colleen asked each of them what the project meant to them. Student responses included; "smoking is not only bad for your body, but also for what you want to do like sports." Another addressed negative effects such as "being a waste of time, waste of money" and "how it can interrupt what you want to do". This project will be displayed in the Ottoson lobby during the first few weeks of June. The Gallery Opening will be on June 7<sup>th</sup>. The group will also present the project to the School Committee next week, and to OPAC in June. Other locations where the art could be displayed include Town Hall, AHS walls, Battle of the bands, AHS cafeteria.

### **V. Meeting Adjournment**

Next Coalition meeting is September 20, 2012

